



CONTACT
SILENCE
retreats



END OF SUMMER retreat

15th to 21st September 2025

Podere Calcinaia | Tuscany | Italy

Podere Calcinaia



A charming farm on the Tuscan hills by Siena, surrounded by vineyards and olive groves.. It features an outdoor dance platform of 150 m2 and an indoor one of approximately 80 m2.





Podere Calcinaia offers various rooms, a dorm and pitches for tents and campers in the wonderful surrounding nature.

Sheets and blankets are provided for those who sleep in the rooms or dorm.

The food served is vegetarian, prepared with organic local products.



Day 1 Arrival	Day 2-3-4 Full Practice	Day 5 Integration	Day 6 Intensive	Day 7 Departure
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8:15-9

Meditation

Meditation

Meditation

Meditation

9-10

Breakfast

10-10:30

Silent
Circle

Silent
Circle

Silent
Circle

Silent
Circle

10-13

Silent
Jam

Silent
Jam

Intensive

Silent Jam
+
Final Circle

13-14:30

Lunch

15-16

Arrival

Talking
Circle

Bodywork
in
Thermal
Water

Talking
Circle

16-19

Opening
Circle
to 17:30

Intensive

Intensive

17:30-19:30

Intro
Class

19.30-21

Dinner

21-21:30

Small
Dances
Circle

Small
Dances
Circle

Small
Dances
Circle

Small
Dances
Circle

21:30-....

Jam

Jam

Sound
Journey

Jam

Prices

Participation fee for 7 days

- 265 euros to be paid by bank transfer, including:
 - ★ Workshops
 - ★ Facilitation
 - ★ Organization
 - ★ Yearly membership to Liberamente APS, insurance included (15 euro)

Board and lodging fee for 6 nights/7 days is to be paid in cash directly to the host at your arrival:

- 360 euros shared room, double bed (6 places)
- 380 euros shared room, single bed (6 places)
- 400 euros double bedroom (2 places)

All rooms have private bathroom.

- 300 euros in tent or camper
- 320 euros in the dance studio (this option is only valid if the rooms are fully booked) 6 places (4 mattresses provided)

How to register

Fill out the form on the website, briefly indicating your experience with Contact Improvisation and Meditation.

Pay the deposit of 65 euros as you will be indicated in the welcome email

Refund policy

- 90% refund up to a month before the start date
 - 50% refund up to two weeks before the start date
- Event direct access from the waiting list in case of a participant cancellations.
- Booking not transferable to third.

An abstract background painting featuring warm, earthy tones of orange, yellow, and red, with expressive, visible brushstrokes. The composition is layered, with some areas appearing more saturated than others, creating a sense of depth and movement. The overall style is painterly and somewhat somber, with a focus on texture and color.

Good Practices

Get the most out of the experience by leaving your camera, pc and smartphone off. If you need to make a call, you can make it outside the common areas. Keep it turned off and see what happens.

We invite you to smoke only in the dedicated area.

Leave drugs and alcohol at home.

Be sure to find someone to entrust your dog to, we are sorry to discriminate against your pets and their owners between large and small, good and rascal, polite or wild, so we decided with great regret not to allow dogs access.